

Holiday Notes.

BY OUR ITINERANT CONTRIBUTOR.

We are at the present time in the very thick of the holiday season, a season of undiluted joy to most of us who work hard during the greater part of the year.

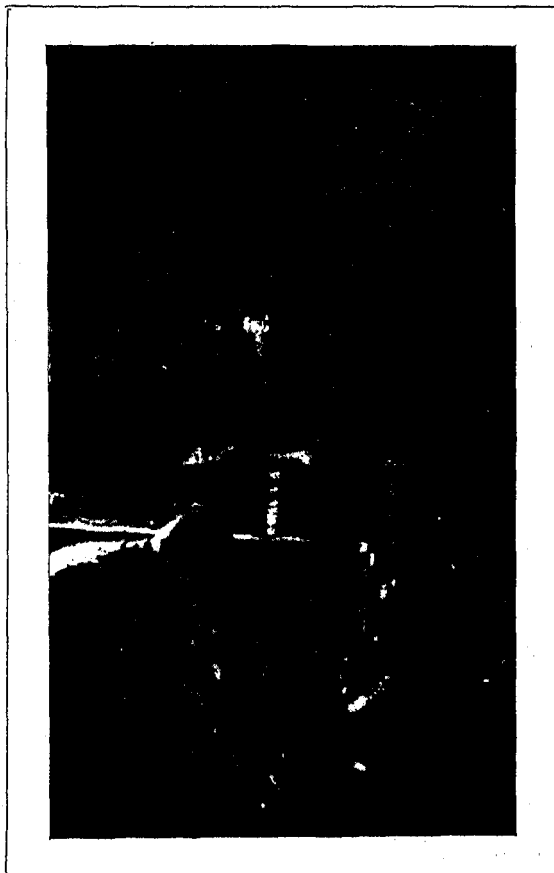
If we are immured for the working months in a large town (and hospitals are usually there situated), we shall probably seek the seaside or the country and the simple or, at any rate, the free life, a delightful existence if one goes the right way to work to make it enjoyable.

Meals on some breezy cliff or salty beach; tea under the greenwood tree, or on a heather clad moor, beside a trout stream. What can be more mind and body bracing? You need not worry to carry out a spirit lamp and kettle and tea-pot either unless you choose. A fire is easily kindled anywhere in the open if you set about it in the right way. A handful of dry twigs or dead gorse or heather or drift wood, a rude fireplace of three large stones or turves and it will soon be blazing merrily. Over this you hang a "billy can" by means of a stout greenwood stick, which will merely scorch and not burn, and it will quickly boil. Directly the water in the billy boils, infuse the tea by putting it in tied up in a muslin bag, so that when the tea is ready the leaves can be taken out. The billy can may be bought at any hardware dealer's, and is simply an enamelled can such as workmen carry with them to work. Billy tea is most delicious, and far more wholesome than tea stewed on the tea-leaves in the pot of civilisation. There is just a word of caution. When you light a fire on moor or common, or in or near a wood, see that you choose a place where you don't set the neighbourhood alight. The dry wood burns fiercely, and with a good breeze the flames will leap an astonishing distance, and irreparable damage may easily be done. I have seen a valuable grouse moor burned out through a carelessly thrown cigarette end! When you have done

with the fire, be sure you have smothered it right out, and that no ember is left smouldering. Damp earth or sand will soon settle it effectually. Before quitting the subject of tea, it may not be amiss to remark that cold tea made as above, makes an excellent thirst-quenching and reviving drink, when out on a long day's ramble, or climbing expedition. Coffee may be made in the same way, and is a nice change. It is much improved if before infusing it is heated on the lid of a biscuit tin or some such handy implement.

If you are rambling all day long over rough ground it is probable that your feet will get rather the worse for wear. Though I came to the fells straight from a hospital ward with feet quite hardened to linoleum and parquet, I very soon hobbled on the heather, and sought the kindly advice of the doctor of the dales, who recommended a change of boots. I have never been footsore since. Wear boots amply large, and strong, and if you are scrambling much amongst rocks or climbing mountains, keep them well nailed by a man who understands nailing. These nails want constantly renewing, for if worn they do not bite, and are a real source of danger. You should not, if you can help it, wear the same pair two days running.

Boots keep the wet out much better if well dubbined or oiled with mutton fat. When muddy the mud should be brushed off, and the leather thoroughly cleaned with saddle soap, and then polished



THE POTTER.

A study taken in a very dark shed.

with a good boot paste, such as you can buy anywhere in little tins. These remarks apply mainly to brown boots, which are cooler to the feet for country wear. A very comfortably-shaped boot is that known as the "Soro-sis," and you can get them fairly strong. Shoes and boots of this make all cost the same, 16s. 6d. They are quite the most comfortable I know, and are an especial boon to nurses whose feet are often a very literal sore point. If you can afford it, keep all your boots and shoes on trees; it preserves their smartness and shape, and they should always dry on trees if soaked. Do not put wet boots too near a fire. Let them dry slowly and gradually. When

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